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Friday, October 7, 2011 - Vol. XIX, Issue 40

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## Night & Day, You [Sea Turtles] are the Ones!



Ocean walks in Deerfield Beach have always been a favorite for tourists and residents, and now after the final construction of "turtle-friendly lights," nesting sea turtles will be safer. Artificial light has always drawn hatchlings to the streets where they can be crushed under vehicles. These new LED lights will not distract the hatchlings when they crawl from their sandy nests. See story on page 3. [Photo courtesy of City of Deerfield Beach]

## Halloween celebrations in Wilton Manors promise outrageous fun

By Aleese Kopf

PELICAN WRITER

**Wilton Manors** - Aliens, avatars, passed-out Lindsey Lohans and folks dressed as giraffes walking on all fours, Terry DeCarlo has seen just about everything.

So this year's Halloween celebration at Hagen Park Oct. 30 will have DeCarlo and his partner Bill Huelsman, admitted Halloween fanatics, looking for more.

Manors Masquerade includes two separate events: HOWL-o-WEEN and Outrageous Fantasy.

HOWL-o-WEEN is a costume contest for pets held in the afternoon. Outrageous Fantasy is a party in the evening. Highlights of the main event include a nationally recognized DJ as well as a six-category outrageous costume contest judged by Jay Carroll, the first winner of Project Runway.

Anticipation is high around town, and fun will be mixed with politics.

Duvier Poviones plans to be a Florida bride. "I'm dressing up as a bride to show my appreciation and my desire for Florida to acknowledge and pass a law for gay marriage," Poviones said. "That's what's making me work harder on my costume this year." With lots of glitter and bright material,

See HALLOWEEN on page 13

## City officials vexed by Fort Lauderdale's move to add new 'interest' charge to its water bills

By Anne Siren and Judy Vik

PELICAN STAFF

**Wilton Manors** -When officials here got their proposal from Fort Lauderdale for water and sewage fees, they were ready to get lawyers.

This city buys its water from Fort Lauderdale and pays for its disposal,

a cost that has risen above the cost of the water itself. And some officials think this last hike in disposal costs pushed the limit.

Residents here saw a 22.3 percent increase in sewer charges this year. And that increase is mainly due to a new charge of three percent, what Fort Lauderdale calls a "return on invest-

ment."

And that's money that has nothing to do with sewer rates, according to Bob Mays, Wilton Manors assistant finance director. "We are taking the hit to keep Fort Lauderdale's property taxes lower," Mays said.

See WATER on page 2

## Conflict causes town commissioners to hire outside counsel for waste contract negotiations

By Judy Vik

PELICAN STAFF

**LBTS** - Commissioners have appointed Deerfield Beach City Attorney Andy Maurodis to negotiate the town's contract for its solid waste collection.

The decision came after Town Attorney Susan Trevarthen said her firm, Weiss Serota, is presently representing Choice Environmental in an issue with

the City of Miami.

Choice Environmental has been Lauderdale-By-The-Sea provider for solid waste disposal since July 2009. Its contract with the city expires in June of 2012.

"Our goal is to avoid controversy," Trevarthen said, noting a potential conflict of interest.

Maurodis who has been Deerfield's attorney for more than 20 years also provides legal services to the City of

Coconut Creek. His hourly rate is \$215.

Trevarthen said she wouldn't object to Maurodis' fees coming out her budget.

Vice Mayor Stuart Dodd said he was very disappointed at this development. "I feel we're being ditched by Weiss Serota," he said.

Commissioner Birute Ann Clottey

See CONFLICT on page 12

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# Water

*Continued from page 1*

This is the first year Fort Lauderdale has added the "return on investment" to its sewer rates to reduce its property taxes. After that charge is passed on to water customers in Fort Lauderdale, Wilton Manors, Oakland Park and some residents in Davie, Lauderdale by the Sea and Tamarac, the total gain on the investment will be \$2.7 million added to Fort Lauderdale's general fund.

The total dollar cost to Wilton Manors customers for the 22.31 percent increase will be about \$150,000 city-wide. For a residential customer this will amount to an additional \$6.58 or so on the sewer portion of their monthly utility bill.

Wilton Manors City Manager Joseph Gallegos, who gave up his own raise this year to keep budget numbers as low as possible, doesn't enjoy seeing Wilton Manors residents partially funding Fort Lauderdale's budget.

"We know that what they are doing is permissible under law, and we understand the normal cost of water and the costs involved in sewage disposal. We are willing to pay what it takes for treatment and even a little more for expected repairs and rebuilding."

But as to the "return on investment," Gallegos says the "matter is under study."

## Minnet says water czars hold cards

Wilton Manors administrators aren't the only concerned parties. At a recent meeting of the Lauderdale-By-The-Sea, or LBTS, town commission, resident George Hunsaker said, "I'm concerned about the fact that we're at the mercy of Fort Lauderdale and Pompano Beach for water and sewer." At his condo, he said, "We now spend more for water and sewer than for insurance."

He lives in the south end of LBTS, which gets its water from Fort Lauderdale.

Hunsaker said the town needs to "look for ways to establish protection for communities like ours from other communities. If three percent is a legitimate profit for Fort Lauderdale this year, will next year be five percent or seven percent the year after?" he asked.

"It will take a lot of good thought and action at the state level to protect from us overbearing providers of sewer and water," Hunsaker said.

Asked to respond to his comments, town attorney Susan Trevarthen, said while under the town's agreement with Fort Lauderdale there are means to mediate or arbitrate in case of a dispute, "There's nothing in there to protect you from a rate increase."

Trevarthen said one city in Miami Dade County, Miami Gardens, is lobbying the state legislature to see if statutes can be changed regarding those who are customers of other cities. She said LBTS could do similar lobbying of the legislature.

"It's a steep hill to climb," Trevarthen said. "The rate-setting entity has broad discretion, and we have little recourse."

Town Manager Connie Hoffmann said residents could attend the public hearing in Fort Lauderdale where the new rates are discussed since they haven't yet been set.

Mayor Roseann Minnet said they should also reach

out to other cities affected, such as Wilton Manors and Oakland Park, to see what they can do together.

Fort Lauderdale is proposing a two percent dividend on water for LBTS, Hoffmann said. "In Oakland Park they're proposing a 21 percent increase in sewage fees."

(The proposed rate increase will cost Oakland Park water users \$462,000 with the wastewater rate increasing from \$3.60 to \$4.41 per thousand gallons.)

Minnet said she would like to see the LBTS commission pursue this further. "It's a major concern of 50 percent of our population. There are water czars out there. They're controlling how much water and how much we're paying for it. It will be like gold."

Commissioners agreed to consider a resolution opposing the imposition of a dividend on the water rate by Fort Lauderdale.

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# Deerfield Beach completes beach lighting project for sea turtle safety

By Judy Wilson

PELICAN STAFF

**Deerfield Beach** – Despite the theft of copper wiring, the city has completed a \$450,000 turtle-friendly lighting project that casts a warm glow along most of the city’s beachfront. The project was complete when thieves removed all the wiring, said Chad Grescek, assistant director of environ-

mental services. This week, the lights remained on during daylight hours so the contractor could make a final inspection. Once the lighting is officially turned over to the city, “tamper-proof measures” will be taken, Grescek said.

The theft of copper wiring is becoming rampant, he noted, but here police will be keeping a watch along the

beach. Maximum penalty for the theft is 60 days in jail and a \$500 fine.

The energy efficient, amber-colored, light-emitting diode (LED) bollards were financed using funds from the National Fish and Wildlife Foundation and the Wildlife Foundation of Florida, Inc. The LED lights do not illuminate the beaches.

“Light sources too bright and too close to the beach can cause sea turtle disorientation, directing them away from the ocean,” said marine biologist

Dr. Robbin Trindell. “Having new turtle -friendly lights along the public beachfront is a wonderful accomplishment for this city.”

The new lighting will also reduce energy use and cost, said Grescek. He estimated a 1,000 percent reduction in energy usage.

In the near future, the city will install the LED bollards at the entrance to the fishing pier and parking lot and at the main beach parking lot. The city also recently completed drainage and landscaping im-

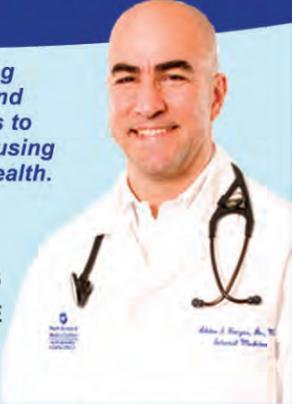
provements to the beach from SE 9 Street to the city limits.

## Parking signs in new Cove Center will be reinstalled

**Deerfield Beach** - Reluctant to put holes into the new brick pavers at The Cove Shopping Center, commissioners nevertheless voted to reinstall signs warning motorists of the two-hour parking limit there. The signs were removed for a major upgrade to the parking lot, sidewalks and drainage in the center. With

See SIGNS on page 12

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# Oakland Park makes bold move to bring aquaculture to its new downtown

By Judy Vik

PELICAN STAFF

**Oakland Park** – It appears hydroponic farming and fish farms will be allowed in this city's new downtown. Commissioners voted unanimously Wednesday to allow aquaculture as a conditional use in the area that includes Oakland Park Station, Jaco Pastorius Park, community buildings, condos and warehouses.

Property owners Oakland Park Industrial, LLC, and Aigae to Omega Holdings, Inc. proposed the amendment.

Aquaculture, in the form of raising fish and plant species, is one of many forms of urban agriculture.

The proposed land use is non-residential agriculture, a permitted activity in the area, Justin Proffitt, senior planner, said. The conditional use permit allows for up to 150,000 square feet of aquaculture. Staff recommended approval.

The city's Planning and Zoning Board approved the text amendment by a 3-0 vote

at its Sept. 15 meeting.

Staff has met with the applicant and added language prohibiting fish processing on-site and the requirement that an aquaculture business employ a full-time marine biologist or similar professional. All activity must be indoors, and a solid waste cart must be 50 feet from the residential district.

Michele Melgren of the Melgren Planning Group in Davie urged commissioners to approve the amendment. "This is a win-win for the city," she said. "We need to look for partners to encourage redevelopment."

"I'm very excited to see

this type of green enterprise come to the community," Commissioner Jed Shank said. "This type of urban farming is vital to redevelopment."

He suggested they add a requirement that applicants agree to follow best management practices of the Florida Department of Aquaculture. He saw no need for an on-site biologist, asking if that is a general practice.

Vice Mayor Anne Sallee asked for more research with the state department on requiring the biologist before the second reading of the amendment.

# Generator responsible for monoxide poisoning

By Judy Wilson

PELICAN STAFF

**Hillsboro Beach** – Deerfield Beach firefighters had barely enough time to change the patches on their uniforms Saturday when the call came in that four people on the Hillsboro Mile were suffering from carbon monoxide poisoning.

Uniformed employees of Deerfield's Fire/Rescue Department were sworn in as Broward County Sheriff Office employees Friday evening. Saturday, Oct. 1 was their first day on the 'new' job.

At 12:33 p.m. they answered a call from 1007 Hillsboro Mile and found residents of the home exhibiting the effects of carbon monoxide poisoning. They were transported to North Broward Medical Center and are expected to recover.

Investigators say the fumes came from a generator located in the same room as an air conditioning unit. The A/C apparently sucked in the fumes and spread them through the air

See Generator on page 23

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# Manager disputes FEMA payback rumors, city's reimbursements thoroughly vetted, he says

By Judy Wilson

PELICAN STAFF

**Deerfield Beach-** City Manager Burgess Hanson took steps Tuesday to quell rumors that the city will be asked to pay back a large amount in FEMA funding obtained after Hurricane Wilma. Hanson said all the work performed in the city after the storm "was in fact approved by FEMA inspectors before it

was done."

FEMA's own audit done in 2008 resulted in Deerfield Beach being reimbursed \$13.9 million for hurricane cleanup and repairs, Hanson said.

"It's outrageous what is being said out there," he added. Hanson was referring to rumors that the city will have to return \$2.9 million in FEMA payments.

Hanson asked Sophie Henderson, the city's finance divi-

sion chief, to explain what is going on. Henderson said she is still in "conversation with FEMA" but that "It actually looks great for the city. We will meet in a week or so for a final (figure)." At this point, she added, the city is not liable for any repayment.

Henderson, told the commission that The Department of Homeland Security has made it mandatory for every city awarded \$10 million in

or more in FEMA funds be subject to this audit.

Henderson said the process after a disaster is for cities to apply for federal assistance and then FEMA must approve of each project before it can be undertaken. After the work is done, the city submits its bills and all records and if approved at four or five different levels, and after a final FEMA inspection, the city is reimbursed.

Henderson said it was three

years before final numbers were given FEMA and another year for the agency to audit them. In all, she recalled, she provided them 40 boxes of documents.

Commissioner Ben Preston said, "When these things come up the public has a right to know." Hanson replied, "Until it is finalized, we are not going to make this public. We've been going back and forth (with FEMA.) When we

See FEMA on page 9



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My aunt, Sue Beall, is the very capable administrator of both residences and Suzi Mautner is our director of marketing. These two people are my life savers."

Mautner, who is a seasoned executive in this field, was asked how these Inns differ from other rental assisted living residences.

She replied, "We do all of the services one expects. The difference is in the exceptionally caring staff. We're intimate residences with a capacity of 33 in Lighthouse Inn South and 43 in Lighthouse Inn North. We're small enough to give personal attention.

The residents all know each other and have concerns for each other the way family members do for one another."

Continuing, she adds, "Our case manager/social worker



Suzi Mautner director of marketing and Ben Smith, owner.

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Both facilities have activity directors who keep residents busy with walks to the ocean, bingo, card games, jewelry making, painting and other crafts. There's an exercise class every morning.

Ivan Lozada has lived at Lighthouse Inn South for four years. "I like the staff. They

take good care of my room and me. The food is good and always fresh. Ribs, chicken and meat loaf are my favorites. They bake the cakes and pies right here too, but butter pecan ice cream is still my favorite. I often walk the beach with my friends and I like bingo."

Cindy Ryan, thinks these Inns as life savers. "My dad lived at Lighthouse Inn, North for six years. I was impressed with the quality of care he received. When my husband needed assisted living, I moved them both to the South Inn. And I, unexpectedly ended up here too. They are very good to us. My husband needs constant attention and it is provided by willing and pleasant staff."

These two residences allow small pets. Mautner says, "if the resident can care for them.

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# The Pompano PELICAN

Deerfield Beach, Pompano Beach, Lighthouse Point, Lauderdale-By-The-Sea, Wilton Manors and Oakland Park

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Founding Editor and Publisher

Anne Hanby Siren

Executive Assistant: Mary Hudson

Graphics: Rachel Ramirez Windsheimer and Adriana Bonilla

Bookkeeper: John White

Classifieds: Fran Shelby

Contributing Writers: Phyllis J. Neuberger,

Judy Wilson, Malcolm McClintock, Judy Vik, Aleese Kopf

Copy editors: Phyllis J. Neuberger,

Account Executives:

Paul Shroads, Carolyn Mann, Bill Heaton,

Special Office Assistant: Cathy Siren

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Anne Siren, publisher

## Don't lose your vote in 2012 even though voting opportunities have been reduced

By Phyllis J. Neuberger

PELICAN STAFF

Our governor has reduced the voting days, times and in many cases places in order to supposedly save money. Don't lose your vote, or let your kids at college lose theirs. If there is any chance that you will be out of town... or if the kids are out of the area...or if you know a number of people who can't make it to the polls during designated time slots, there is still a way to vote.

Vote by absentee ballot and be sure your vote gets counted during the important upcoming elections.

Even if you think you are registered to vote absentee, unless you reregister, you will not get a ballot in the mail.

All it takes is a phone call. Call 954-357-7055 and ask for an absentee ballot card to reregister. Fill out and mail back the card as soon as you can and then you will received an absentee ballot when the time comes. It's a great way to vote because you sit in your own home, with time to really read and decide on where you stand and cast your vote leisurely instead of waiting in long lines and feeling hurried when you finally arrive inside the curtained booth.

Voting by mail is a great way to go. Some states, like Oregon, use only mail ballots to vote and the number of people actually voting is far greater than in areas using traditional methods.

Act now to be sure you have something to say about what's happening in Florida and in the U.S.A .

Don't forget that all around the world men and women are fighting and dying right now for the right to vote.

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## Broward to ask for exemption from gun bill that allows gun-toters into public buildings and parks

Broward County Commissioners will ask Florida Legislators to exempt Broward County from House Bill 45, the recently enacted state law that allows anyone with a concealed weapons permit to take a handgun into a public building or park. The law also includes fines of up to \$5,000 for each appointed or elected official who violates the law, holding them personally liable.

"I propose that we have the chair of the Broward County State Legislative Delegation file a local bill that will exempt Broward County from HB 45," said Commissioner Stacy Ritter. "Many counties don't have sexual assault treatment or addiction recovery centers, so they don't have to deal with these problems. If I were the victim of a sexual assault, going through a recovery program, or if I were beaten up and sexually assaulted I would not want that person coming into that facility with a gun. If he/she did come in with a gun I would want staff to be able to say, 'No you can't come in,' and that can't happen right now."

The request passed with Commissioner Chip LaMarca casting the only "no" vote.

HB 45 does prohibit bringing firearms to meetings of the legislature, city or county commission, school board or any other governing body. Bringing firearms to places licensed to serve alcohol, college or university facilities, court rooms, career centers, polling places and elementary and secondary schools is also already prohibited.

The local bill is expected to be filed during the 2012 Legislative Session which begins in January.

## Free CERT classes begin in Pompano Beach Oct. 25

The Community Emergency Response Team, or CERT, program educates citizens about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following a disaster by assisting first responders immediately following a disaster or helping with recovery efforts. CERT members are also encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community. The CERT is one of the programs of the Citizen Corps and is administered by Pompano Beach Fire Rescue.

The next class begins Oct. 25 at the Pompano Beach Fire Department Training Center. Classes will be held on Tuesdays and Thursdays from 6 to 9 p.m. for four consecutive weeks with graduation on Thursday, Nov.17. To register, log on to <http://www.mypompanobeach.org/fire/cert.html> or call 954-786-4510. Classes are free.

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Funding for this organization is provided in part by the Broward County Board of County Commissioners as recommended by the Broward Cultural Council.

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As always, a lavish champagne reception concludes the concert

**Briefs**

**Chickin' trophies feature of Piranhas' ocean swim**

**Pompano Beach** – Swimmers at all levels are welcome to compete in the Pompano Piranhas' Chick-fil-A Ocean Series Saturday, October 29, beginning at 7 a.m. just south of the fishing pier.

Sponsored by the city's youth swim team and restaurateur Seth Poor, the series includes a one-mile ocean swim for adults, a 500 meter kids race, 1/2-mile standing and prone paddleboard races.

Pre-registration fees of \$25, \$15 and \$25 respectively are in effect until October 15 and can be paid online at [www.pompanobeachpiranhas.com](http://www.pompanobeachpiranhas.com).

Poor will present trophies for first, second and third place finishes in all events and provide a free Chick-fil-A breakfast.

**Be alert seniors— once a year period to change Medicare Insurance plans is now 10/15 to 12/7**

**Making a Difference**



Phyllis J. Neuberger wants your suggestions about people who are making a difference. Call 954-783-8700.

**By Phyllis J. Neuberger**

**PELICAN STAFF**

Barbara Gordon, SHINE volunteer, offers free Medicare Health Insurance information to Pompano Beach seniors every Wednesday from 12:30 to 4:30 at City Hall in the first floor conference room. She cautions, "Don't lose this chance to change your Medicare Insurance coverage for supplements, Advantage Plans and Prescription Part D Drug Plans. This annual opportunity is starting earlier and cutting off earlier."

"I always stress the importance of the plan fitting the person's needs, affordably.



Barbara Gordon, SHINE volunteer, gives free information to senior citizens enabling them to make informed choices in health insurance. Shown here with a client in the first floor conference room at City Hall where Gordon sees residents, by appointment, every Wednesday from 12:30 to 4:30.

This is a one-on-one decision which you get to make at a specified time each year."

SHINE is a service of Medicare and The Florida Department of Elder Affairs. Trained volunteers, who have no connection to any insurance company and are not selling anything, are willing to help seniors make informed decisions on what will work best for them.

"I'm here because Mayor Lamar Fisher recognized the need to have a SHINE volunteer available—even for a short period—to counsel residents on their choices. City Manager Dennis Beach is now our gracious host. It is

best to call me for an appointment and it's important to know that even if my half day here is not convenient, seniors can call other SHINE volunteers who do free phone counseling. The numbers to call appears at the end of this article."

Gordon cautions all Medicare beneficiaries. At the time of enrolling, be sure to sign up for Part B which covers out-patient services. The premium for Part B is automatically deducted from your Social Security check. If you do not sign up, be aware that when you decide to sign up later, you face the prospect of a permanent penalty charge,

the right for the insurer to refuse to insure you and the possibility of being rated. All of these prospects are a disadvantage to insured Medicare beneficiaries

**How to know the best insurance plan**

First some general information from Gordon. Medicare/Medigap supplemental plans are the Cadillac and most expensive of choices because one can choose any doctor or hospital that accepts Medicare. A highly rated Medical Advantage Plan can offer good medical service plus

**SEE INSURANCE ON PAGE**

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# Business matters

The Pelican takes a look at local business owners. Call The Pelican to find out how you can tell your story here because business matters. 954-783-8700.

## Girl survives pit bull attack after dog is put down

By Judy Wilson

PELICAN STAFF

Deerfield Beach – A pit bull was destroyed Monday after it attacked its 14-year-old owner, Tayla Johnson. A neighbor shot the animal when it would not release the victim but not until other neighbors tried to dislodge the dog with baseball bats. Several shots to the dog’s body also failed to get the animal off of Tayla.

A point blank shot to the dog’s head fired by LeJayron Negrin finally freed the girl.

Tayla told BSO deputies that her dog, MJ, began acting strangely and then attacked her face. Her brother Kevin Johnson and a cousin, Kurtis Santiago, discovered her plight when they came home from the store and became alarmed when she didn’t come to the door. Looking through a window they saw the situation. Santiago ran and got help from neighbors Sammie Huggins and Negrin who came with his 9mm P95 Ruger.

Tayla was transported to North Broward Medical Center and later moved to Broward General Medical Center where she is undergoing surgery.

Five shell casing were recovered from the bedroom where the dog was killed. The attack occurred at 1221 SW 10 Street.

Several weeks ago, deputies here killed two pit bulls as they attacked a woman outside her home.

**The Pelican**  
954-783-8700

## Kate Yoga in Sea Ranch Centre is an inviting studio with certified Yoga instructors



Kate and Dan Stiffler, owners of Kate Yoga are shown here their five children, Jack, Patrick, Maddy, Sophia, and Emma.

By Phyllis J. Neuberger

PELICAN STAFF

A visitor stepping inside this pristine and spacious new yoga studio almost feels the tensions of the day slip away and that’s before enjoying the benefit of the actual yoga experience. Kate Yoga studio opened just six months ago at 4761 N. Ocean Drive in Sea Ranch Center in Lauderdale-By-The-Sea. Owners, Kate and Dan Stiffler say that business is great. She’s the

teacher and he says, “I just help out.” Kate is certified in Barkan method levels 1, 2, and 3 as well as the Baron Baptiste methodology.

Yoga is dictionary defined as a Hindu spiritual and aesthetic discipline, a part of which including breath control, simple meditation and the adoption of specific body postures, is widely practiced for health and relaxation.

Kate defines it as a union of the whole body and adds, “I try to find balance for all aspects of the mind,

body and soul.”

“Men, women and children of all ages can enjoy yoga. There are pre-natal yoga instructors for those waiting to be born and there are classes for people in their 80s,” says Kate. “We do chair yoga for seniors and now that school is back in session, we will be

**November 5 Kate Yoga Open House**

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starting yoga classes for children.”

She goes on to say, “Our society is so competitive, yoga practitioners really look forward to 90 minutes of disconnecting from the pressures of their outside lives and focusing inward to their true selves. For best results, I advise clients to do yoga four to five days a week for mental clarity, stress reduction, muscle tone, flexibility and balance.”

She practices yoga herself three times a week and more when her

See Kate Yoga on page 24

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# Town moves its election, fills commission vacancy

By Judy Wilson

PELICAN STAFF

**Hillsboro Beach** – Jim Lambert, 44, was appointed to fill a commission vacancy Tuesday, but his term will be even shorter than expected. Commissioners named Lambert to the seat vacated by Vice Mayor Celinda Sawtelle which expires in March, but first voted to move their mu-

nicipal election from March to the presidential primary January 31.

Qualifying for that election will begin November 8 and this week Lambert said he will consider becoming a candidate. As an appointee he will serve for only three meetings.

The move to the presidential primary saves the town \$4,000 according to the

Broward County Supervisor of Elections.

Lambert, of 981 Hillsboro Mile, has lived most of his last 20 years in the town. He is the owner of a Mexican restaurant in Plantation which at one time had three other locations, and is president of PPM Broker's Services, a financial firm. He is married with three young children.

He has been a member of the Hillsboro Inlet Improvement District Advisory District for the last three years and is an avid fisherman.

"I love living in Hillsboro Beach and want it to stay the way it is," Lambert said of his interest in serving on the commission.

## Board wants more savings in fire/rescue contract

**Hillsboro Beach** - A proposed \$116,000 savings in the town's fire/rescue contract with Deerfield Beach is not

*See Contract on page 11*

# FEMA

*Continued from page 5*

make a decision, of course it will be public."

Preston said, "You've gone a long way in answering questions. Everyone doesn't have the information you have. When their questions are not answered, they use their imagination."

Commissioner Bill Ganz said, "No mistakes were made by staff...It is more accurate to say they are looking into what FEMA approved. This is more about FEMA than the city's actions."

Following management's presentation, resident David Cody arose to say he understood that there were eligible charges made by the city for a generator and beach repairs.



Martha and Hib Casselberry stay involved directing all the guided public tours at Hillsboro Lighthouse, but they always come home to John Knox Village. **AND SO CAN YOU!**

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# Dr. Menendez and staff offer professional medical services



**The Team** - Dr. Eugenio Menendez, Leeann Llubes, Sonaly DeAlmeida, Angela La Torre and Eugenio Menendez, Sr.

of-the-art ultrasound in the office.

Dr. Menendez's book, "The People's Diet," is a companion with a nutritious diet for his patients to use, lose weight and keep the pounds off.

"It is geared to improve a healthier heart, lose inches around the waist and improve tolerance for exercise," he says.

Many of Dr. Menendez's patients include this young physician in their travel plans—not for the trip, but for a safer and healthier trip for themselves.

Dr. Menendez is a member of the Travel Clinics of America where physicians research travel issues that could impact a patient's health. He provides medical advice, information, vaccinations and immunizations if required. He is an authorized provider of the yellow fever vaccine.

With his holistic approach to the patient's well-being, he is often asked about some of the many medications that are advertised through the media.

If a patient is concerned about a medication with Statins, a class of drugs used to reduce cholesterol levels, Dr. Menendez explains the benefits and risks.

There are some alternative 'evidence-based' medicines that Dr. Menendez suggests for patients as well.

Dr. Menendez is board certified in internal medicine and serves on the staffs of Holy Cross and Imperial Point Hospitals.

The office honors most insurance plans, including Medicare.

**"Nobody can know your body as well as you,"** says Dr.

Eugenio L. Menendez, a Pompano Beach physician.

Behind this statement lies much of Dr. Menendez's medical philosophy. He employs active listening when he meets his patients. He observes each patient's physical movements and complaints.

Yet, he is surrounded with computer screens and the latest technology in his spacious office.

His slogan is "21st Century Medicine practiced the Old-fashioned Way."

And that is part of the main difference between an M.D. and a D.O.

Dr. Menendez explains, "A doctor with an D.O. has all the training of an M.D. plus the additional skills to treat the body holistically. Observing and examining the body structure gives me more information in my diagnosis. This is a benefit to the patient."

Osteopathic medicine

involves the manipulation of muscles and bones to create a healthier body.

Dr. Menendez teaches his patients to understand the messages of specific pain.

When the heart is under stress, through its nerves, it sends messages through tingling and numbness in the left hand. The gall bladder's messages are emitted to the right shoulder blade where pain can become intense. These are strong alerts to call the doctor.

Patients here will share their pains, concerns and other issues with Dr. Menendez, and in some cases may find health through a changed diet and a prescribed exercise.

"The word 'physician' means teacher," says Dr. Menendez, "so I teach patients about what's going on in their bodies. Through this method, I can find and prevent disease."

He adds that his patients also are teaching him as well.

Obesity is considered a disease by Dr. Menendez,

and overeating, he sees as an addiction.

And as he saw more and more overweight problems in his office, he began to write

his concepts and ideas about obesity. Dr. Menendez offers a medically-supervised weight loss program and preventative health screening with state-

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# Contract

*Continued from page 9*

mollifying commissioners here who want the contract numbers better defined. Deerfield Beach Finance Director Hugh Dunkley has calculated the contract for 2011-12 at \$710,596, broken down into a base fee of \$330,696 and a rescue fee of \$379,900, the latter based on

the \$135 annual fee charged to residences, in this town of 2,542 units. It is the same fee residents of Deerfield Beach pay per living unit.

Commissioners here want the base fee broken down into specifics and Tuesday Deerfield Beach Fire Chief Chad Brocato promised a speedy response. "There is still work to do (on it)," Brocato told the commission.

"We have been with you over 30 years," Mayor Dan Dodge told Brocato. "I appreciate the first reduction, but honestly I am looking for more." BSO Fire Chief Neal De Jesus said Deerfield's merger of its fire/rescue services with BSO Saturday, October 1, is already providing Hillsboro additional benefits. A second fire engine and two more men have been assigned to the beach fire station.

# Budget adoption may save homeowners a few dollars

By Judy Vik  
PELICAN STAFF

**Oakland Park**— City commissioners in Oakland Park adopted a FY 12 millage rate of 6.0138 on Wednesday. The rate is higher than the current 5.72 mills but lower than the tentative rate of 6.3370. The vote was 3-2, Mayor Suzanne Boisvenue and Commissioner Jed Shank dissenting. Commissioners also approved the city's annual

budget of \$87.1 million for the new fiscal year. The new millage rate is expected to bring in an additional \$12.331 million in revenues. Combined with the final assessment for fire, solid waste and stormwater, the annual city charges for a median homesteaded residential property would be \$28 less than this year, according to city projections.

*See OP BUDGET on page 15*



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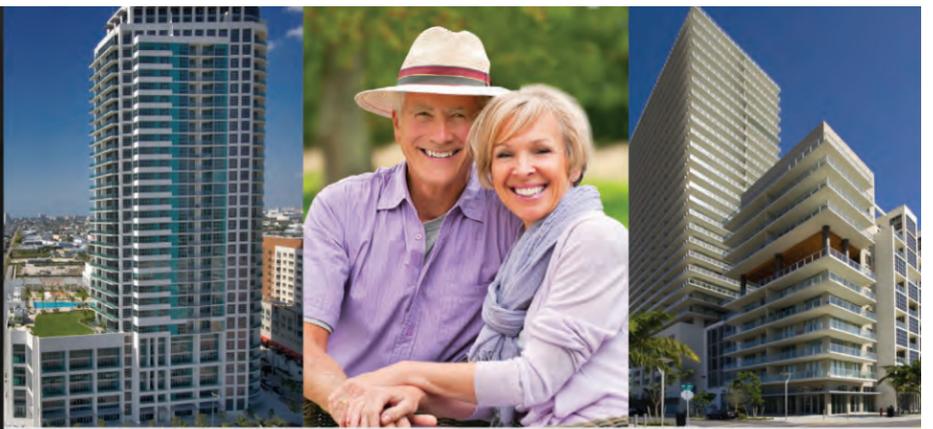
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## Signs

*Continued from page 3*

the project nearing completion, Community Redevelopment Manager Keven Klopp said the merchants want the signs put back up. Vice Mayor Joe Miller questioned the need for so many signs originally placed every few feet along the sidewalks. City Attorney Andy Maurodis said adequate signage is needed or the city could end up in court.

Klopp said he would install a "minimal" number of the signs and see what results. **Public to have say in development of Quiet Waters ballfields**

**Deerfield Beach-** Residents are being asked to bring their ideas for new athletic fields at Quiet Waters Elementary School to a meeting Monday, Oct. 17, 6:30 p.m. at Constitution Park, 2841 W. Hillsboro Boulevard.

Development of the fields is being done through a lease with the Broward County School Board with an initial grant of \$250,000 from the county's Safe Parks and Land Preservation Bond Program. The fields will be used for both school and city activities.

## Conflict

*Continued from page 1*

said. "Susan has represented us well, but I'm uncomfortable with the same attorney representing us whose firm represents the other side in another town. It will be cleaner and easier if we have an outside attorney."

Although Trevarthan suggested the use of waivers for both the town and Choice, the

commission decided to avoid conflict and hire Maurodis to negotiate.

The vote at the Sept. 27 meeting was 4-1, Vice Mayor Dodd dissenting.

### Fees down 15 percent for waste collection

Commissioners also approved an amendment to the contract with Choice Environmental Services for solid waste, bulk waste and recycling collection services.

The amendment calls for a monthly 15 percent decrease, from \$18.02 to \$15.35, for single-family homes and duplexes.

The Resource Recovery Board has reduced its disposal rate from \$99.20 to \$72.57 per ton, and Choice offered to pass the savings along to customers as of October 1.

Commissioners also agreed that the staff should continue discussions with Choice regarding their

contract and bring renewal recommendations to the commission in the near future.

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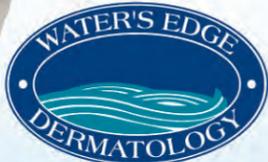
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## Halloween

*Continued from page 1*

Poviones said he wants his dress to be shining and noticeable. He said many of his friends are also going dressed as girls or brides.

Todd DeJesus said he will probably throw something together at the last minute. He said the Halloween parties demonstrate the Wilton Manors' spirit. "It's sort of our signature event," DeJesus said.

Ellen Wedner, event

### If You Go . . . Manors

#### Masquerade

What: **Howl-o-Ween - Oct. 30 - 1:30 to 4 p.m.**, a costume contest for pets.

What: **Outrageous Fantasy. 7:30 to 11 p.m.**, a costume contest for humans.

Both free events take place at Hagen Park, 2020 Wilton Drive. Call 305-573-6477.

producer, agreed that Manors Masquerade has the potential to become a signature event.

With 6,000 to 8,000 people expected to attend, Wedner said the party will serve up an economic boost for local businesses.

"[This event] fosters strong community identity and pride, strong working partnerships and relationships and is a valuable outlet and balance between work and play," said Patrick Cann, director of the Leisure Services Department for Wilton Manors.

Funding for the event comes from Creative Arts Enterprises, a non-profit arts organization that collaborates with the city and has also assisted with the Stonewall Festival and parade. The organization raises money through the sale of beverages, raffle tickets and VIP parking.

According to Cann, staff time to help with guidance, support and event coverage is the only direct cost to the city. Without the funding, he said the Halloween party might cost around \$100,000.

Wedner said Halloween is just meant to be fun, with no right or wrong involved. "We're all in costume, so we can all be whoever we want to be for one night," she said. "It's whatever you think is an outrageous fantasy."

DeCarlo said he has three goals for the night, "Have a great time, get lots of pictures taken, and laugh."

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# Pompano Beach's Fish Shack restaurant will reel you in with the freshest seafood in town at dockside prices

By Malcolm McClintock  
 PELICAN WRITER

Tucked away in a hard-to-find little plaza just off Federal Hwy, the recently opened Fish Shack restaurant is the kind of small, inconspicuous eatery that locals hope the outside world never discovers.

Although the initial trip may cause your GPS to commit

## Fish Shack restaurant

2862 NE 17th Ave  
 Pompano Beach, FL

954-586-4105

Hours: 11:00 am – 9:00 pm  
 daily (Closed Sundays)

suicide, once you locate this proverbial hole-in-the-wall, you will gladly find your way back on auto-pilot to enjoy the wealth of maritime riches hidden within.

“Our whole family has been in the seafood business for over twenty years,” says über-casual Mike Focarazzo who, along with wife Elisa, has been at the helm of this newly christened culinary vessel since mid-August.

The friendly proprietors of the Fish Shack invite guests to enjoy an uncluttered menu that has a distribution similar to planet earth: 70% surf and 30% turf.

So clearly, the main attraction here is the fresh seafood – namely fish, shrimp and a few choice bivalves such as Blue Point oysters and wild caught middle neck clams.

The large, juicy, plump middle neck clams will make enthusiasts swoon with



[Left] Fish Shack owners Mike and Elisa Focarazzo invite you to their little oasis of seafood delights. [Top] Ready for take-out, this mouthwatering grilled Grouper sandwich comes with zesty tartar sauce and hot fries or homemade coleslaw.

<b>Tequila Tuesday</b> Shots: \$3 - Drinks: \$4 Jose Cuervo 7 To Close <b>FREE Hot Dogs</b> 5 To Close	<b>Wine - y - Wednesday</b> Dinners <b>1 Full Price + 2nd 1/2 OFF</b> 5 To Close - Dine in Only <b>1/2 Priced Wine Bottles</b> 7 To Close
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<b>Stoli Saturday</b> <b>Cocktails: \$6</b> <b>Martinis: \$7</b> 5 To Close	<b>Sunday Funday</b> <b>Mimosa's \$2</b> <b>Bloody Mary's \$3</b> All Drinks \$1 OFF

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See FISH SHACK on page 22

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**SUNDAY**  
 BRUNCH 7AM - ?  
 Trivia 6:30 pm



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**OP budget**

*Continued from page 11*

Commissioner Shari McCartney said the new millage rate is a fair number. "We need to do this to make up for the gap in property taxes and provide core services," she said

This marks the fifth consecutive year of reduced property tax revenue for the city.

Boisvenue said since "top level staff haven't borne reductions," she couldn't support the increased millage rate. "I'm hearing from many residents who don't have the ability to pay more," the mayor said.

McCartney said, "the real dollars out of pocket will be the same or less for the majority of residents. It's fair and reasonable."

Commissioner John Adornato failed in an attempt to get a higher millage rate of 6.0393 to budget for a recreation coordinator for seniors.

The budget includes funds to reinstate five BSO deputies laid off last year in case the city doesn't receive a COPs grant to fund the positions. And it includes funds to reinstate a code enforcement officer.

The budget includes \$25,000 in contingency funds.

Three residents spoke in favor of keeping the recreation coordinator a \$55,000 annual position.

"I'm concerned we're micromanaging this issue," McCartney said. "We asked staff to come up with the most efficient way to run their departments. While it sounds like this is a remarkable employee, I'm hesitant to tinker with this specific item."

Adornato's move to amend the budget to restore the position passed 3-2, with Sallee and McCartney dissenting. But then the budget resolution as amended failed by a 3-2 vote with Sallee, McCartney and Boisvenue dissenting.

They tried again later and the budget passed as proposed without the amendment.



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## Sightings

A local calendar of events/ Email your listing to [siren2415@gmail.com](mailto:siren2415@gmail.com). Always verify times and addresses.

## Events

**Oct. 14** - Cinema in the Park, Night at The Museum at Sanburn Park, Boca Raton. The free movie is presented by the City of Boca Raton. Call 561-393-7827.

**Green Market, Wilton Manors**, Saturdays and Sundays at Hagen Park 2020 Wilton Drive from 9 a.m. to 2 p.m. fresh produce, international baked goods, herbs/spices, doggie treats, pickles, jams, infused vinegars, pasta and more. Call 954-531-5383.

**Pompano Beach Green Market** - Every Saturday at Founders Park, NE 3 Ave. and NE 2 St., 9:30 a.m. to 1:30 p.m. Fresh seafood, vegetables, flowers and more. Call 954- 461-3385

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## Leisure

**The American Legion Auxiliary Unit 142** has Bingo on Tuesdays at 7 p.m. at the Post, 171 SW 2 St., Pompano Beach. Food is available from 5:30 to 7:30 p.m. Call 954-942-2448.

**The NE Focal Point Alzheimer's Day Care Center**, located at 301 N.W. 2nd Avenue in Deerfield Beach, offers a weekly Caregiver's Support Group every Wednesday from 10 a.m. to noon.

## Meetings

**Zonta International** meets on the third Tuesday of the month at Duffy's Diner, 401 N. Federal Hwy., Deerfield Beach at 11:15 a.m. Zonta International is a classified service organization of executives and professionals working together to advance the status of women locally and worldwide through service and advocacy. Call 561-392-2223.

**The Greater Pompano Beach Senior Citizens Club** meets on the second Wednesday of the month at the Emma Lou Olson Community Center on NE Sixth Street Pompano Beach at 10 a.m..Activities

## Insurance

*Continued from page 7*

extra services. The 'Medicare And You' 2012 book is being mailed now. It is filled with valuable information.

It list plans available in Broward County. These plans are rated by a star system from one to five with five stars being the best. It is wise to choose a plan rated from three to five stars. Snowbirds need to be sure that the Medicare program they choose will cover them in both places. Follow these suggestions.

1. Check the cost of the plan.
2. Those wishing to reduce the cost of supplemental insurances might consider the Advantage Plans.
3. In looking at them, be sure to check with your doctor to find out which Advantage Plans he works with.
4. Also check to see if your drugs are listed in the formulary of the Advantage Plan you are considering.
5. Does the Advantage Plan use hospitals convenient to you?

6. Are the doctor locations convenient to you?  
**Medicare Part D Prescription Drug Plans**  
 Gordon advises every senior to have a part D prescription drug plan, saying, "Even if you take no prescription drugs now, the time may come when you will need them. Any individual who chooses a qualified plan, no matter what or how many drugs are needed, cannot be turned down if that person enrolled in Part D during the initial enrollment period. Those not currently taking medications should buy the cheapest plan available in order to have qualified coverage when the need does occur."  
 . Check your policies every year. What was fine 10 years ago, may be inappropriate now.  
 . If you are up for it, you can go to Medicare.gov and handle any changes you wish to make on your own. If you want to discuss any part of this decision making process, contact a free SHINE

volunteer.  
 . Protect your Medicare card with the same care as your credit cards. Identity thieves are always around the corner waiting for careless people.  
 . When you sit down with this SHINE volunteer, or contact one on the phone have your list of medications available. And if you are considering an Advantage Plan, know the names of the ones your physician works with, and know what your current insurances are.  
 For a Wed. appointment. at City Hall with Barbara Gordon, call 954-545-7795.  
 To reach a SHINE volunteer, call 954-745-9779.

## About Barbara Gordon

Barbara Gordon is a retired Chicago public school principal who became a full time, Pompano resident in 2004. She became a SHINE volunteer counselor three years ago joining about 35 other active SHINE volunteers. She says, "I've never met a sharper group

of people who are also kind and caring about other people. Our main office is in Sunrise. We go through five days of training, pass a national exam, and intern before counseling anyone. We must pass an FBI background check and maintain the same confidentiality rules as a physician does. What is said to me, stays with me."

Gordon carries her office with her, toting a computer and printer into the first floor conference room at City Hall every Wed. She also does phone counseling and research putting in about ten hours every week.

Asked why she does all of this, she answers, "It's a good mental challenge and it's a way to give back. The Lord has been good to me.

To learn more about SHINE, visit [www.floridashine.org](http://www.floridashine.org)  
 Thank you Barbara Gordon and all SHINE volunteers for offering free health insurance information to seniors on Medicare.

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### The Weekly Crossword

by Margie E. Burke

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15			16				
17					18			19				
20				21		22						
23				24	25			26	27	28	29	
30				31	32							
33	34	35		36		37	38	39				
40				41				42				
43						44				45		
46				47		48		49				
50				51	52	53			54	55		
56				56	57			58				59
60	61	62				63	64		65			
66						67				68		
69						70					71	

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**ACROSS**

- 1 Trendy sandwich
- 5 Pig in movies
- 9 Frequently
- 14 Fabled race loser
- 15 Notion
- 16 Show to be so
- 17 Glade target
- 18 Looking astonished
- 20 ABBA musical, "\_\_\_ Mia!"
- 22 Give the slip
- 23 Precipitation
- 26 Medic or legal starter
- 30 Workshop item
- 31 China clay
- 33 Poker winnings
- 36 Run at the mouth
- 39 Took the wheel
- 40 Occasionally
- 43 Like some sentences
- 44 Handbill
- 45 Museum piece, perhaps
- 46 Storage place
- 48 Large pitcher
- 50 \_\_\_ and now
- 51 Despondent
- 56 Brown songbirds
- 58 Flatware piece
- 60 Assigning, as to a position
- 65 Confident
- 66 "Deck the Halls", e.g.
- 67 Dutch cheese
- 68 Quite a while
- 69 Wear away
- 70 Landlord's due

**DOWN**

- 1 "For \_\_\_ the Bell Tolls"
- 2 Clerk on "M\*A\*S\*H"
- 3 Pleasant smell
- 4 Builder's need, often
- 5 Tom Hanks flick from 1988
- 6 Big commotion
- 7 Father, biblically
- 8 Scout rank
- 9 Pundit's page feature
- 10 L.L. Bean's town
- 11 Happy Meal extra
- 12 She raised Cain
- 13 Homer Simpson's neighbor
- 19 Lie in wait
- 21 Pain reliever
- 24 Tattered
- 25 Standoffish
- 27 Hilo greeting
- 28 Colorado, for one
- 29 Concerning, old-style
- 32 Envelope information
- 33 Bird feeder
- 34 Seed-to-be
- 35 Voice between alto and baritone
- 37 Friend of Pooh
- 38 Cake part
- 41 Guitar timber
- 42 Gingrich of politics
- 47 At that time
- 49 Lumber cutter
- 52 Frequently used key
- 53 Stage whisper
- 54 Smoker's ailment
- 55 "M\*A\*S\*H" setting
- 57 Stir up
- 59 Cozy spot
- 60 Royal flush card
- 61 Golfer's goal
- 62 Con's counter
- 63 One of the Bobbsey Twins
- 64 U.K. clock setting

### SUDOKU

Difficulty: Medium Edited by Margie E. Burke

1			5					2
	8			3		6		
	9				2		7	
3	5	6				8		
	2						1	7
				9				8
4				2		3		
8	6				5	4		

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**HOW TO SOLVE:**  
Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

(Answer appears elsewhere in this issue)



Submitted By: **Lucie Sabella, CIMA<sup>®</sup>, CFP<sup>®</sup>**  
Senior Vice President, Wealth Advisor, Senior Investment Management Consultant

Branch Name: **Morgan Stanley Smith Barney, 490 E. Palmetto Park Road, Boca Raton, FL 33432**

Phone Number: **(561) 394-8641**

### Do Municipal Bonds Still Belong in Your Portfolio?

News about risk of defaults has prompted some investors to sell off at least some of these fixed income holdings, but that may prove to be short-sighted. Historically, municipal bonds have not generated national headlines, but the fiscal problems facing many state and local governments have led to newsworthy concerns about the future of these securities. As a result, by February 2011 investors had pulled nearly \$40 billion from municipal bond funds—the largest exodus from such funds in decades, according to the Investment Company Institute.<sup>1</sup> But were investors exiting an investment class that truly had taken a turn for the worse? Before you decide whether municipal bonds still have a place in your own portfolio, it's worth taking a closer look at the asset class—specifically, how the features of municipal bonds and whether their benefits—such as the potential for tax-exempt income—merit consideration in the current environment. These investments can still play a role in a long-term investment strategy, as long as the risks associated with the bonds you own are aligned with your own risk tolerance. Municipal bonds are debt obligations issued by cities, counties, states and other government entities. Often called "muni bonds," they are used to fund projects that are considered by the municipality to be beneficial to the public good. In exchange for funding public projects and services, investors in municipal bonds receive a benefit: The interest paid on municipal bonds is generally exempt from federal income taxes. Moreover, interest paid to investors who purchase a bond issued by a municipal entity located within their home state is typically exempt from state income tax, and interest paid on some bonds (called triple-tax-free bonds) is even exempt from local taxes.

#### Behind the Headlines

Should you choose to access the municipal market, it is important for you to know what you own, and ensure that what you own is in line with your tolerance for risk. Just as important: understanding that the municipal bond market is extremely broad and diverse, frequently defying broad generalizations. For example, some municipal issuers may be strapped for cash while others are in good financial health. While a project funded by one bond issue may fail to generate sufficient revenues, leaving it unable to pay interest on its debt, another project funded by a different bond issue in the same city may have no difficulty generating abundant revenues. Furthermore, the municipal market has changed dramatically in the past few years, due to a significant decrease in the use of insurance by municipal issuers (following the credit crisis of 2008/2009) and a growing presence of "non-traditional" municipal bonds. You should be aware that all muni bonds are not created equal. Be sure that you understand all of the material terms and features of any municipal bond before you invest, including the issuer/obligor of the bond, sources of revenue, and creditworthiness of the entity backing the bond.

#### Know Your Investments

Now more than ever, you need to understand a municipal bond's credit quality and the process by which it generates income. Most issuers are graded by credit rating agencies such as Moody's, Standard & Poor's and Fitch Ratings. Each agency has a different grading system, but AAA is typically the highest rating. Lower ratings indicate that the rating agency has assessed that there is incrementally greater risk of potential default. As a result, investors can begin the process of assessing municipal bonds by filtering out bonds with ratings they deem too risky. You should be aware that insured bonds are typically assigned the higher of either the issuer's or the insurer's credit rating. In the case of an insured bond, be sure to review the rating of the issuer, which may be lower. Also keep in mind that you should not rely solely on ratings, as they are only one of several factors to consider when evaluating an investment. Rather than shunning this asset class altogether, investors who can benefit from tax-exempt income should work with their Financial Advisor to determine whether certain specific municipal bonds or bond funds may be suitable for them and, if so, take a closer look at these bonds or funds as a potential investment.

#### For More Information

If you'd like to learn more, please contact me, Lucie Sabella, at (561) 394-8641.

<sup>1</sup> Investment Company Institute, "Trends in Mutual Fund Investing," February 2011. Interest on municipal bonds is generally exempt from federal income tax. However, some bonds may be subject to the Alternative Minimum Tax (AMT). Typically, state tax exemption applies if securities are issued within one's state of residence, and local tax exemption typically applies if securities are issued within one's city of residence. The value of fixed income securities will fluctuate and, upon a sale, may be worth more or less than their original cost or maturity value. Morgan Stanley Smith Barney, its affiliates and Financial Advisors do not render advice on tax and tax accounting matters to clients. This material was not intended or written to be used, and it cannot be used by any taxpayer, for the purpose of avoiding penalties that may be imposed on the taxpayer under US federal tax laws. You should always consult your own legal or tax advisor for information concerning your individual situation.

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### Solution to Sudoku

1	3	4	5	6	7	9	8	2
2	8	7	1	3	9	6	4	5
6	9	5	4	8	2	1	7	3
7	4	1	9	5	8	2	3	6
3	5	6	2	7	1	8	9	4
9	2	8	6	4	3	5	1	7
5	1	2	3	9	4	7	6	8
4	7	9	8	2	6	3	5	1
8	6	3	7	1	5	4	2	9

### Solution to Crossword:

W	R	A	P		B	A	B	E		O	F	T	E	N		
H	A	R	E		I	D	E	A		P	R	O	V	E		
O	D	O	R		G	O	G	G	L	E	E	Y	E	D		
M	A	M	M	A		E	L	U	D	E						
	R	A	I	N		W	A	T	E	R		P	A	R	A	
					T	O	O	L		K	A	O	L	I	N	
P	O	T		D	R	O	O	L		D	R	O	V	E		
E	V	E	R	Y	N	O	W	A	N	D	T	H	E	N		
R	U	N	O	N		F	L	Y	E	R		A	R	T		
C	L	O	S	E	T					E	W	E	R			
H	E	R	E		H	E	A	R	T	S	I	C	K			
					W	R	E	N	S			S	P	O	O	N
A	P	P	O	I	N	T	I	N	G			S	U	R	E	
C	A	R	O	L		E	D	A	M			A	G	E	S	
E	R	O	D	E		R	E	N	T			W	H	A	T	

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# Sightings

*Continued from page 16*  
focus on the general welfare, health, education and security of senior citizens. We welcome people of all ages.

## Health

**Yoga class** for all levels at Hagen Park, behind the City Hall at 2020 Wilton Drive in Wilton Manors on Tuesday nights from 6:30-8 PM and Saturday mornings from 10:30 till noon. Cost is \$7! Call 305.607.3520 with any questions. Parking is free on Saturday morning class. Bring a mat and water.

## Lectures

**Oct. 12 - Beverly Feren "Intellectual Smorgasboard"** – Myrna Golberger "Scandalicious!" – Discussions of scandals in politics, society, business and personal lives. First of a series of 12. Tickets \$10. Tamarac Theater of The

Performing Arts, 7143 Pine Island Road, Tamarac Square West Shopping Center. Call 954-724-1110

## Outdoors

**Oct. 13 – Snakes Alive at Fern Forest.** The one-hour programs, for ages 2 to 4 accompanied by an adult, focus on a different theme each month, with each site's naturalist free to embellish on it according to his/her style. A typical program might start with stories, songs, or arts and crafts and end with a short nature walk. 201 Lyons Road South, Coconut Creek. 954-357-5198. The theme for October is "Snakes," with a program on October 13 at Fern Forest Nature Center in Coconut Creek

## Theater

**Oct. 15 to Nov. 6** – "Bye Bye Birdie" at the Tamarac Theater of the Performing Arts, 7143 Pine Island Road, Tamarac Square West Shopping

Center. Tickets sold at box office. Call 954-726-7898.

## Volunteer

**Hospice Volunteers needed** – VITAS innovative Hospice Care of Broward needs volunteers who can make friendly visits to terminally ill patients and their families, provide relief for caregivers, visit veterans and more. Two-day orientation require. Call 954-777-5396.

**Pompano Has Heart**, a volunteer group that assists people impacted by disasters meets monthly. Volunteers are needed to man tables at the City of Pompano Beach Health Fair on Wednesday and Thursday, Aug. 10 and 11 from 9 a.m. to 3 p.m. Call 954-942-8108.

**The Coral Springs Center for the Arts** is accepting applications for volunteer ushers. Any interested volunteers can E Mail Susan

*See SIGHTINGS on page 23*

## The Pelican- What Can We Do For You?

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## Get ready for the Sunburn Swordfish tournament

By RJ Boyle

PELICAN ANGLER

We got some wind in the forecast this weekend which is not always a bad thing. During this time of the year we start to experience some fronts which bring us plenty of wind. This is the time to concentrate on fixing your boat, booking an upcoming charter, and getting your tackle ready for what's to come. Sailfish and wahoo season is almost upon us. Re-spool those reels, clean up your tackle boxes and get ready to get tight! For those of you who need to book charter boats you had better do it now as space is already filling up as the season approaches.

The swordfish bite has been solid and is expected to continue. We are going stir crazy at the store wishing we were fishing. After this blow we are going to hit it hard. We have set the date for the bi-annual Sunburn Swordfish Tournament. We

have had tons of calls from guys and gals ready to give it a go. Over the last month there have been numerous fish put on the dock around 500 pounds.

It's time.

Get tight

### Here's the update for the Sunburn Swordfish tournament:

Fishing date is Saturday, Oct. 15. Captains meet and sign up Oct. 14 from 6 to 7 p.m. at RJ Boyle Studio. Fishing hours are from 7 a.m. to 4 p.m. Fee is \$50. All proceeds will benefit Wounded Warriors.

The official channel is VHF 10 with Channel 72 as the alternate.

Lines in at 7 a.m. and out at 4 p.m. All boated fish must be called in at the time of boating. Hookups do not have

to be called in. Only two legal swordfish may be weighed. All fish hooked up at lines out must be called in with latitude and longitude at that time.

Boats may leave from their home ports. Electric reels are permitted. There are no boundaries. Scales will be open at 4:30 p.m. and closed at 6 p.m. Boats must be in sight of scale area by 6 p.m. to weigh a fish. All boats fishing are required to report

their own fish to the National Marine Fisheries Service.

In the event of a tie, time due to the order of the fish caught with their points will be the tie breaker. Fish must be at least 47 inches at the dock.

Bad weather will postpone the tournament to Sunday, Oct. 16. All participants who enter the outing so o at their own risk. Call 954-420-5001.

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<p><b>Saturday, Oct. 8</b></p> <p>Low 12:17 AM High 6:31 AM Low 12:40 PM High 6:51 PM</p>	<p><b>Tuesday, Oct. 11</b></p> <p>Low 2:17 AM High 8:33 AM Low 2:39 PM High 8:42 PM</p>	<p>This Week's Tide Tables should not be used for navigational purposes. Boaters should confirm tables with the Coast Guard Weather Station Information taken from <a href="http://www.saltwatertides.com">www.saltwatertides.com</a></p>
<p><b>Sunday, Oct. 9</b></p> <p>Low 1:01 AM High 7:16 AM Low 1:23PM High 7:30 PM</p>	<p><b>Wednesday, Oct. 12</b></p> <p>Low 2:52 AM High 9:10 AM Low 3:15 PM High 9:17 PM</p>	

# Fish Shack

*Continued from page 14*

unabashed delight. Although a wonderful snack fried or raw on the half-shell, connoisseurs will greatly enjoy the fantastic New England style “steamers” with drawn butter.

For oyster aficionados, the fleshy, briny, perfectly-sized mollusk from the North East is also available fried but, for purists, should definitely be devoured on the half-shell with just a few drops of lemon. To kick it up a notch, hot sauce and horseradish are on hand.

The large shrimp are offered in a plethora of preparations. Grilled, steamed and fried with garlic butter or Cajun spices, the toothsome shrimp can also be part of a healthy Caesar lettuce wrap or sprinkled on top of a large Garden salad.

But if you are simply in the market for some fiendishly fresh fish, then the Shack’s got your back.

“We sell a lot of fish such as Mahi-Mahi and Grouper because people know that we get it delivered fresh every morning at 11 am,” says the ultra-amicable Elisa who runs the front of the house and



[Right] The Fish Shack is proud of its “Famous Conch Salad” with spicy lemon-lime vinaigrette. Loaded with red & green peppers, onions and, of course, copious amounts of the highly-prized marine gastropod, this supremely healthy and flavorful dish is almost compulsory for conch lovers. [Top] A reliable classic: a few steamed garlic butter shrimp with cocktail sauce, fries and coleslaw [Bottom] A dozen gorgeous Blue Point oysters on the half-shell is the ideal meal for raw bar enthusiasts.

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“We deal directly with the wholesaler and that’s why we can afford to offer the best fish in town at such low prices,” says the hard-working restaurateur with a knowing smile.

In sandwich and wrap forms, or as part of a platter with fries, salad or homemade coleslaw, the fish impresses with its undeniable freshness.

“The Cajun Grouper platter is probably my favorite along with the clams on the half shell,” says longtime local businessman Stan Kossowski. “It is truly delightful to find a place that has properly prepared, fresh caught wild seafood that taste the way it should!”

“Our fish and chips are very popular as well,” says Mike as he assembles a take-out portion of the classic English dish.

The Fish Shack also has a great fish dip and clam chowder both made from family recipes. Smooth, creamy and bursting with flavor, the dip is dangerously addictive while “the clam chowder is my own recipe and we make it daily,” says Elisa, a Boston native who knows a thing or two about making the quintessential New England specialty.

Oh, and be sure to give the delectable Tuna or Shrimp & Scallop burgers a try as well.

While on the subject of burgers, the Focarazzos don’t want you to forget that there are great options for land lubbers too. “We use only Black Angus beef for our half-pound burgers,” says the

always enthusiastic Mike.

“And our wings are fantastic.”

“People just love our chicken wings. We hand batter them so that they are very crunchy and really quite special. Honestly, they are awesome - especially with our homemade raspberry dipping sauce,” adds Elisa.

A dozen oysters or middle neck clams cost \$8.95 (or get the 3 dozen special for under \$25!) Burgers, wraps, sandwiches, salads and Fisherman’s platters are all between \$6.50 and \$9.95. Large wine glasses are \$2.95, draft beer \$1.50.

There is ample free parking, all major credit cards are accepted, take-out is encouraged and limited delivery is available. Daily specials such as cracked conch or fresh snapper are presented on the big board.

Visit the Fish Shack once and you’ll be hooked!

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## Sightings

*Continued from page 20*  
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### UPCOMING

**Oct. 22 - Halloween Horse Show and Fair** - Sands and Spurs Equestrian Park Saturday 10:00 am-3:00 pm 1600 NE 5TH Ave. Pompano Beach North Side of the Good Year Blimp Base) Proceeds benefit Therapeutic Riding Center

*See SIGHTINGS on page 24*

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## Generator

*Continued from page 4*

ducts. The generator was hard wired to go on in a power outage. In this case, when the power came back on, the generator failed to cut off. BSO Fire Chief Neal deJesus termed it a "design flaw." The BSO hazardous materials team found extremely high readings of the poisonous gas in the home said Chief deJesus. Luckily, tragedy was averted.

"Any fossil fuel generator produces carbon monoxide," said Mick Jachles, BSO public information officer. The best safeguard is a carbon alarm or a fire alarm that also detects the dangerous element. Every living and sleeping area should be so equipped in a home with a generator, Jachles said.

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# Kate Yoga

*Continued from page 8*

schedule permits. Husband Dan admits he's lucky to fit in one class a week but says, "I always want to do more because it leaves me feeling good about myself and that feeling affects my entire day. When you are positive, people are inclined to respond to you more positively so there's a trickle down effect to you and everyone you encounter."

That's what Susie Axelrod thinks too. As she exited a class she said, "It completely calms my life for the rest of the day. I'm here twice a week."

A classmate Lydea Moore has been a yoga practitioner for seven months and says, "Yoga has helped my balance, upper body strength and lung capacity. I'm not as winded as I once was."

Being a yoga instructor

and owning a yoga studio is a new career for Kate who is a social worker with a Master's degree. Asked why she made a career switch,, she explains. "I experienced so much benefit from yoga in my own life that I decided to make a career of it. Actually it's a fun way to use all of my knowledge to help men and women transform their own lives to become the best they can be. There are no boundaries. People can do yoga forever and it's a joy to teach something that has such benefits and requires so little an investment in equipment."

Yoga enthusiasts don't need clubs, racquets or other expensive equipment. All they need is a mat, a towel and water. All three items are for sale in the studio, but most people bring their own.

There are 17 classes taught each week by Kate and eight certified instructors. Morning

classes run from 9 to 10:30 a.m. and evening classes run from 6:30 to 8 p.m. Kate explains that newcomers and advanced yoga practitioners can be in the same class because "we teach modification" which means we help each individual. Chair yoga for seniors is scheduled from 12:45 to 1:45 on Tues. and Thurs. Cardio Bootcamp is a sixty minute, high energy cardio class conducted on Saturdays from 11 a.m. 'til noon. Sneakers required. Dan says, "We are very competitive in price and we have terrific package deals which cut costs even more."

Kate and Dan have five children, ages two to 11 all of whom do yoga for fun. They live in Lauderdale-By-The-Sea and Kate says, "Because Dan is so supportive and helpful, and because yoga gives me so much energy

and other benefits, I can manage to work and still be very involved with my family. I also make time to contribute to local charities by teaching pro-bono classes and donating studio gift certificates to the many baskets raffled at fund raising community events. In fact on November 5 during our complimentary open house, we will be taking voluntary donations for Hospice By The Sea in memory of my father, Neal Bidwell.

For more information call 954-545-5582 or visit the web site [www.kateyogastudio.com](http://www.kateyogastudio.com)

# Sightings

*Continued from page 23*

& Horses for Heroes Veteran Rehabilitation Program. [www.BitByBitTherapy.org](http://www.BitByBitTherapy.org) Call 954.972.7222

**Oct. 28** - Children of all ages beware! On Friday, October 28th, 2011 from 6 to 9 p.m., the City of Wilton Manors presents its Halloween Spooktacular 2011. The event will be held at Wilton Manors Elementary School located at 2401 Northeast 3rd Avenue, Wilton Manors. 954-390-2130.

**Call The Pelican • 954-783-8700**

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**Dr. Marilyn Riley**

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Starting at **\$149**

### REPAIRS

(D05610)

Starting at **\$25**  
and Relines (D05730)

Starting at **\$100**

### CROWNS

(2750) **\$599**

### EXTRACTIONS

Starting at **\$125**



- ◆ Walk-Ins Welcome
- ◆ On Premise Lab
- ◆ Adjustments
- ◆ Open Saturdays

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**3909 N. Andrews Ave., Oakland Park, FL 33309**

Within a 72 hour period the patient and or any other person responsible for payments has a right to refuse pay, cancel payment or to be reimbursed for payment for the free, discounted fee or reduced fee service, examination or treatment, implant dentistry is not recognized as a specialty by the ADA or FDA. All dentists are independent contractors. Exp. 12/31/11

# Women's Health Expo

**DATE:**  
**TUESDAY, October 11**  
**5:30 - 8:00 pm**

**LOCATION:**  
**North Broward Medical Center**  
**Conference Center**  
201 E Sample Road  
Deerfield Beach, FL 33064  
(I-95 & Sample)

FREE Valet or Self Parking

**North Broward Medical Center**  
**and the Pompano Beach**  
**Chamber of Commerce**  
Present a  
**WOMEN'S HEALTH EXPO!**

Please join us for a FREE, fun girl's night featuring tasty food, shopping, networking and exhibits as well as enlightening health presentations and fabulous raffles! (Raffle tickets on sale at the event)

Vendors include jewelry, clothes, skin care products, financial services, candles, accessories, interior design, food, spa, local resorts, juice nutrition, fitness and much, much more plus special guest vendor, **Dillard's** department store!

**Health Topics include:**

**Lifestyle Revolution**

**Dr. Rebecca Rey**  
Family Practice

**Botox & Fillers**

**Dr. Tracey Stokes**  
Plastic Surgeon

**Breast Health\***

**Dr. Keisha Goodison**  
Family Practice

**Meet the Doc:**

**Dr. Samina Qureshi**  
Internal Medicine

**Dr. Mayuri Gupta**  
Gastroenterologist

\*Mammograms available until 7pm (insurance or \$99 special self pay)

To RSVP, call the Broward Health Line  
**954.759.7400**  
or visit

**BrowardHealth.org /events**

A portion of the proceeds will be donated to North Broward Medical Center Cancer Center



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